



Course Outline

EXSCI3005 EXERCISE TESTING AND PRESCRIPTION: CARDIORESPIRATORY

Title: EXERCISE TESTING AND PRESCRIPTION: CARDIORESPIRATORY

Code: EXSCI3005

Formerly: HM734

School / Division: School of Health Sciences

Level: Advanced

Pre-requisites: (EXSCI1005 or HM514) (EXSCI2003 or HM715)

Co-requisites: Nil

Exclusions: (HM734)

Progress Units: 15

ASCED Code: 69999

Objectives:

After successfully completing this course, students should be able to:

Knowledge:

- Describe and explain the theory of exercise testing, program design and prescription for children, women, men, the aged and those with cardiovascular, respiratory, or metabolic impairment.
- Explain the role of exercise screening and method of risk stratification prior to administering an exercise test or exercise prescription.

Skills:

- Prescribe and justify exercise programs for individuals wishing to improve their cardiorespiratory capacity and for those with cardiorespiratory impairment.

Values:

- Appreciate the individual nature of exercise prescription and be able to justify your personal exercise prescription philosophy in the context of client needs.

Content:

Topics may include:

- VO₂ max summary and risk stratification and screening
- Exercise testing procedures
- Exercise: obesity, diabetes, hyperlipidemia and renal disease
- Exercise and cardiovascular disease (myocardial infarct, chronic heart failure, hypertension and peripheral arterial disease)



Course Outline

EXSCI3005 EXERCISE TESTING AND PRESCRIPTION: CARDIORESPIRATORY

- Exercise: Respiratory disease (chronic obstructive, restrictive disease, asthma and cystic fibrosis)
- Exercise: Cancer and depression
- Exercise, aging women and children
- Pharmacotherapy
- Review

Learning Tasks & Assessment:

Learning Task	Assessment	Weighting
Undertake a case study working with an adult who is free of diagnosed cardiovascular pathology or any other illness/injury that may prohibit them from exercising in a safe manner.	Case Study	30%
Laboratory exercises will be conducted throughout the semester	Laboratory Exercises	20%
Demonstrate methods	Practical Exam	10%
Final Exam	Final Exam	40%

Adopted Reference Style:

Handbook Summary:

This course will include topics designed to enable students to prescribe exercise to individuals with and without cardiorespiratory disease as well as those with special needs such as pregnancy, diabetes, osteoporosis, obesity and the aged. Issues associated with group exercise and administrative needs will also be addressed.